STRESS RESISTANCE

Some individuals seem to be stress resistant and stress tough. They appear to be balanced, happy, creative, resourceful and strong, even when faced with multiple psychosocial stressors and difficult situations. Dr. Susan Kobasa first reported this concept in 1979. The stress resistant and stress tough person is psychologically strong, has a positive attitude and purpose, keeps life in perspective, has a sense of personal control and lives well. In short, the stress resistance characteristics seem to serve as a buffer against stress and help to rebound quickly from difficulties!

The key characteristics of stress resistance and toughness are-

<u>CONTROL</u> The stress resistant individual believes they exert and that they have self-control. They see themselves as the Captain of the ship. They view themselves as having personal control, and as being empowered to overcome problems.

<u>ATTITUDE</u> The stress resistant individual has a hopeful attitude and emphasizes the positive. He/she is optimistic and focuses on assets and finding solutions.

<u>COMMITMENT</u> The stress resistant individual knows what is critical and important in their life. They are committed to their family, work and themselves. They are able to tackle issues, overcome barriers and get through a crisis.

<u>PERSPECTIVE</u> The stress resistant individual is able to keep